Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ www.FrederickCountyMD.gov ♦ 301-600-7020

December Program Highlights

Holiday Celebration

Enjoy a holiday celebration with your friends at the senior center. We'll provide the holiday music and you bring some cookies to share.

Date: Tuesday, December 20
Time: 6:30 p.m. **Cost:** Bring some cookies

Advanced Directives

What to know more about advanced directives? Do you have questions? Come learn more from Alecia Frisby, Staff Attorney with Legal Aid.

Date: Monday, December 12
Time: 1:00 p.m. **Cost:** Free

Blood Pressure Screening

Stop in for a blood pressure check!
Date: Tuesdays, December 13 and 27
Time: 1:00 p.m.
Date: Wednesday, December 21
Time: 11:30 a.m.
Cost: Free

Painting/Drawing Club

Come paint/draw with us! This is an informal gathering. Learn new ideas and refine your technique. Bring your own supplies (no oils).
Date: Wednesdays
Time: 9:30 a.m. **Cost:** Free

Benefits of Exercise

Is exercise one of your New Year's resolution? Come learn more about the benefits of exercise from the staff at Sage Orthopedic Physical Therapy.

Date: Wednesday, December 14
Time: 1:00 p.m. **Cost:** Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. This month Steve Stoyke, the Department of Aging nurse will talk about "Elder Abuse."
Date: Wednesday, December 21
Sign-up by Monday, December 19
Time: Noon
Cost: $4.80 (Regular lunch fee)

Exercise to Video

Exercise to a video made especially for seniors.
Dates: Mondays through Thursdays
Time: 11:00-11:30 a.m.
Cost: Free

Tuesday Night Pizza Night

Every Tuesday is **Tuesday Night Pizza Night!** Two slices of pizza, tossed salad, vegetables, fruit, juice, milk
Date: Tuesdays
Reservations must be made at by 2:00 p.m. the Monday before.
Time: 5:30 p.m.
Cost: $4.80 (Regular lunch fee)

Now open Tuesdays until 8:00 p.m